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Winnipeg metro

MEAT JUST GOT WILD
metroNEWS

Your essential daily news | WEDNESDAY, SEPTEMBER 14, 2016

High 20°C/Low 9°C Sunny

University of Winnipeg student Shelby Broatch with her new U-Pass on Tuesday. STEPHANIE TAYLOR/METRO

Winnipeg has millions riding on pilot bus pass metroNEWS

Deal or no deal

ST. BONIFACE

City's defence against developer lawsuit claims no agreement existed

Stephanie Taylor
Metro | Winnipeg

The City of Winnipeg says it never inked a deal with a local property developer to redevelop land in the St. Boniface Industrial Park.

That's the central premise of the city's defence against Terracon Development Ltd. The developer is suing Winnipeg for financial damages based on accusations that officials nixed a longtime land deal and set out to negotiate its own separate deal with Parmalat Canada, a Toronto-based dairy company.

As first reported in Metro, Terracon filed a statement of claim in July, alleging the city breached confidence, unjustly enriched itself and "recklessly abused its role as a public office" in connection with a joint venture to develop 233 acres of land in the St. Boniface Industrial Park.

The claim also alleges Terracon spent millions constructing a road and designing plans for the land.

The city's statement of defence, filed at the Court of Queen's Bench on Sept. 8, says Terracon approached the city in 2008 and "raised a potential joint venture partnership" to redevelop lands in the industrial park.

The city claims councillors OK'd staff to proceed with entering into such an agreement, but never inked a deal. A dispute arose when the company said it didn't want to pay property taxes on the unsold land, alleges the city.

"At no time was a definitive joint venture agreement, written or oral, ever entered into as the parties did not come to the resolution of the issues," the statement reads.

It adds that Terracon understood that until such an agreement was reached, it was responsible for any expenses related to land redevelopment.

The statement said city officials, including Mayor Brian Bowman, eventually met with Terracon in April 2015. This was also stated in the company's claim. "The parties were encouraged by the Mayor to continue discussions to enter into a definitive written joint venture agreement," the statement reads.

It denies the company's allegations that city officials said, "in the absence of a signed joint venture agreement, it was free to withdraw and approach Parmalat itself."

233
The number of acres of land in the industrial park at the centre of the dispute.

The statement says communications broke down in June 2015 when "it was apparent that there was no agreement on the Issues and (Terracon) withdrew from any further discussion."

"The City denies making any untrue/or misleading representation concerning any possible joint venture agreement, denies (Terracon) spent substantial sums of money in respect of any possible joint venture agreement, and denies (Terracon) suffered any losses of damages thereof," the statement reads.

In July 2015, council voted to rescind plans for an agreement as a staff report at the time said the deal had reached "a stalemate."

In a previous interview with Metro, Terracon lawyer Robert Tapper said the city led the company on. Terracon is seeking an unspecified amount in damages. WITH FILES FROM JAMES TURNER

See Page 7
For this week's exclusive offers!

You can be a Changemaker like Kathryn and Anne by making your own personalized fundraising campaign for the Canadian Breast Cancer Foundation CIBC Run for the Cure. Celebrate the person you're running for and start raising funds for lifesaving research and support services for all those affected by this disease.

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metro NEWS

Your essential daily news

How many calories are in your favourite latte? Starbucks will soon tell you. **Business**

Manitoba minimum wage stagnant

ECONOMY

Advocates look to Alberta as it sets standard of $15 per hour

Matt Kieltyka
Metro | Winnipeg

Manitoba's lowest earners, labour groups and anti-poverty campaigners looked on with envy Tuesday as Alberta finalized plans to raise its minimum wage to $15 by 2018.

Critics say the bold action taken by Premier Rachel Notley contrasts starkly with this province, where Premier Brian Pallister is expected to keep the minimum wage at $11 — the first time in 17 years it will not go up in October.

As a result, Manitoba's more than 30,000 minimum wage earners will find themselves $400 poorer this year due to inflation, according to the Canadian Centre for Policy Alternatives (CCPA).

"It's devastating for families," said Kevin Rebeck, president of the Manitoba Federation of Labour. "That's another $400 that changes what goes into a child's lunch kit, what activities they can be involved in, or maybe it means someone has to walk to work because they can't afford a bus pass for a few months."

The notion that a full-time worker should not be living in poverty was echoed by a number of groups and individuals Metro spoke to Tuesday, including Rebeck, the CCPA, Make Poverty History Manitoba (MPHM) and Point Douglas' NDP MLA Kevin Chief.

Chief said the freeze on minimum wage will set back women (who make up 60 per cent of minimum wage earners) and low-income families.

"(Government) doesn't seem to care. This is a very important issue for a lot of families," Chief told Metro.

Alberta will become the first province to adopt a wage that labour groups across the country have campaigned for: $15 an hour. Rebeck hopes other provinces will follow.

"All too often provinces haven't done it because they say, 'We need to be in the same realm as other provinces,' which is a good argument if you never want to move (the minimum wage up)," he said.

For a single mother of one child working full time to earn a living above the poverty line, Manitoba would need to raise its minimum wage to $15.23 an hour, according to MPHM.

Minister of Finance Cameron Friesen was not available for comment.

Asked what plans Manitoba has for the minimum wage, his office sent Metro a statement that did not make a single reference to it.

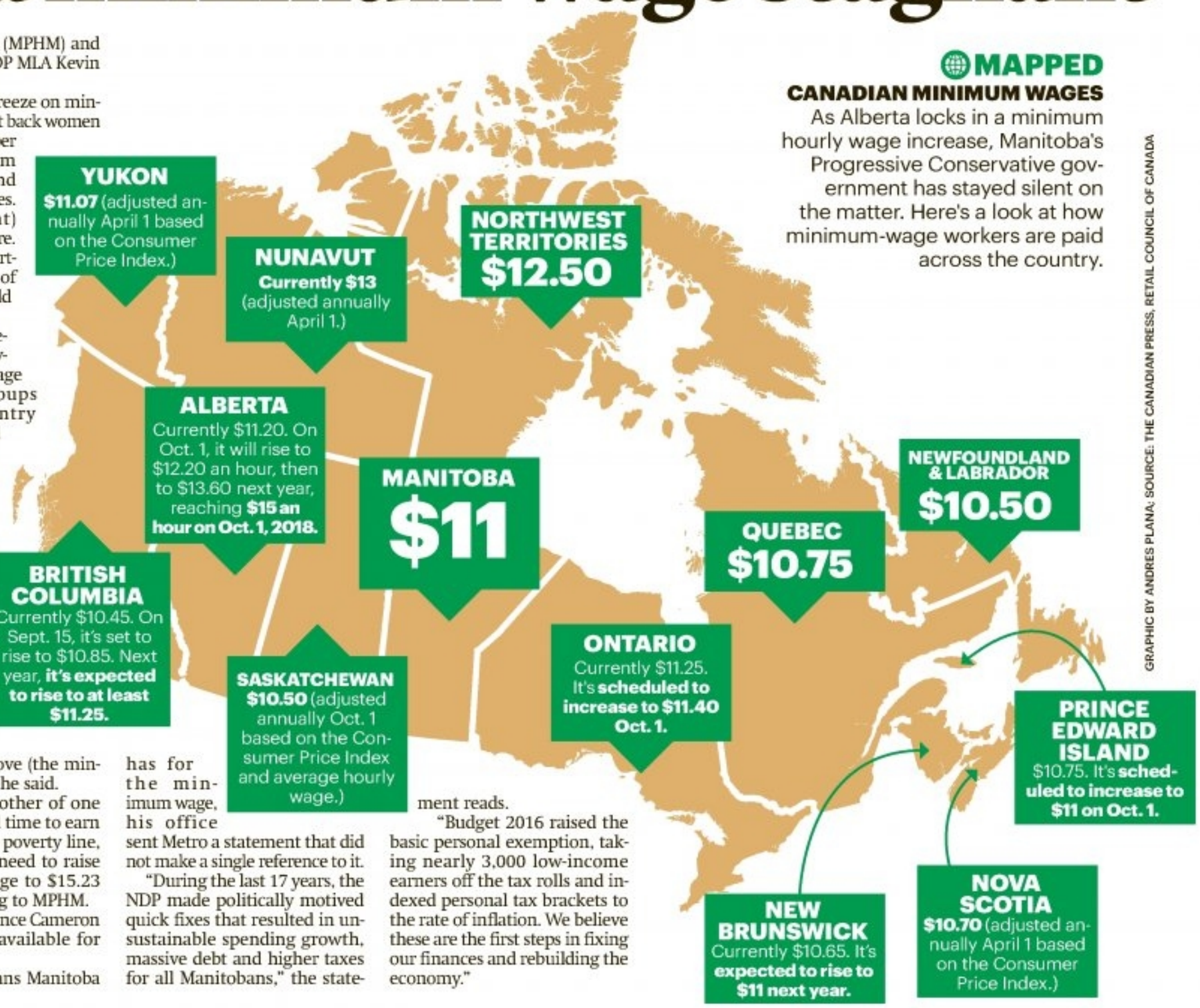
"During the last 17 years, the NDP made politically motived quick fixes that resulted in unsustainable spending growth, massive debt and higher taxes for all Manitobans," the statement reads.

"Budget 2016 raised the basic personal exemption, taking nearly 3,000 low-income earners off the tax rolls and indexed personal tax brackets to the rate of inflation. We believe these are the first steps in fixing our finances and rebuilding the economy."

MAPPED

CANADIAN MINIMUM WAGES

As Alberta locks in a minimum hourly wage increase, Manitoba's Progressive Conservative government has stayed silent on the matter. Here's a look at how minimum-wage workers are paid across the country.


YUKON
$11.07 (adjusted annually April 1 based on the Consumer Price Index.)
NUNAVUT
Currently $13 (adjusted annually April 1.)
NORTHWEST TERRITORIES
$12.50
ALBERTA
Currently $11.20. On Oct. 1, it will rise to $12.20 an hour, then to $13.60 next year, reaching $15 an hour on Oct. 1, 2018.
MANITOBA
$11
NEWFOUNDLAND & LABRADOR
$10.50
QUEBEC
$10.75
BRITISH COLUMBIA
Currently $10.45. On Sept. 15, it's set to rise to $10.85. Next year, it's expected to rise to at least $11.25.
SASKATCHEWAN
$10.50 (adjusted annually Oct. 1 based on the Consumer Price Index and average hourly wage.)
ONTARIO
Currently $11.25. It's scheduled to increase to $11.40 Oct. 1.
PRINCE EDWARD ISLAND
$10.75. It's scheduled to increase to $11 on Oct. 1.
NEW BRUNSWICK
Currently $10.65. It's expected to rise to $11 next year.
NOVA SCOTIA
$10.70 (adjusted annually April 1 based on the Consumer Price Index.)

GRAPHIC BY ANDRES PLANA; SOURCE: THE CANADIAN PRESS, RETAIL COUNCIL OF CANADA

I have a car, but I like having a U-Pass so it makes me use my car less. I'm definitely using the bus more than my car.
Phuong Wguyn

I saw the price of it, but I don't think it's worth it. I would rather live close to the university and walk to it than pay for a U-Pass
Mohammad Alahzami

It's cheaper than buying (a monthly bus pass) every month. Sarhia Shire

ALL PHOTOS STEPHANIE TAYLOR/METRO

Transit U-Pass rolls into service

PUBLIC TRANSPORTATION

Students who bus the entire year could save about $306

Stephanie Taylor
Metro | Winnipeg

With millions of dollars riding on a new university bus pass program, the City of Winnipeg will be keeping a closer eye on transit ridership uptake this fall.

Last week marked the first time students at the University of Winnipeg and University of Manitoba could ride to their first classes using the city's new universal bus pass program, otherwise known as the U-Pass.

City council approved the program in March 2015, following two student referendums and pressure from student union and association representatives.

For users, such as first-year U of W student Shelby Broatch, paying a mandatory $260 tuition fee to have a bus pass for the academic year is well worth the money.

"I get use out of it. It's a lot cheaper for me than having to buy (monthly) bus passes," she said Tuesday.

Broatch said she uses the pass daily to make the 30-minute commute from the university to her West Kildonan home.

Compared to the $70 post-secondary students are required to pay for a monthly bus pass, the U-Pass costs $32 per month.

That means students busing for the entire school year save $306.

But those savings come with a serious cost to provincial and civic purse strings.

Council voted in favour of the U-Pass based on details contained in a March 2015 staff report that said both governments would spend nearly $ 1 million on the program this fall and another $2.2 million in 2017.

That's on top of the $5.2 million spent to buy nine buses and hire at least 17 new transit staff to support what the city expects to be a 20-per-cent increase in student ridership.

Now Jonathan Borland, a transit information supervisor, says city hall has to wait and see what happens.

"One of the challenges will be knowing at what time of day the students are needing the service the most," said Borland.

"We'll be watching quite closely the ridership numbers and passenger loads at times of day to sort of see what the demand is in and around the universities."

A city spokesperson said in an email to Metro the nine additional buses service routes to the U of M would be during peak morning, mid-day and evening rush hours.

Borland said extra buses are not needed given the university's downtown location.

"Should we down the road need to increase that, that's something we'll obviously review and make adjustments as needed," he said.

Officials will have to wait at least a year before planners offer any review or suggested tweaks to the U-Pass program; a general rule of thumb in order to collect the most accurate overview, Borland explained.

"Ridership in September — you've got students who maybe aren't necessarily going full-time at that point or the weather's still nice and maybe some of them are biking," he said.

"Some of them are finding different ways to get there before they settle into their commuting pattern for the year."

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Winnipeg Goldeyes right fielder Josh Romanski.
CONTRIBUTED/WINNIPEG GOLDEYES

Goldeyes set sights on the title

BASEBALL

Club faces Wingnuts in Game 1 of championship

Matt Kieltyka
Metro | Winnipeg

Winnipeg Goldeyes outfielder Josh Romanski has rediscovered his love for baseball this year. Now give the man a prize.

The club hosts Game 1 against the Wichita Wingnuts at Shaw Park Wednesday night as the American Association of Independent Professional Baseball championship series starts up.

The Goldeyes haven't taken the easiest route to get to the finals. They just barely snuck into the playoffs with grinded out dramatic wins in their final three home games of the regular season against the Fargo-Moorhead RedHawks.

Then, they came back from a 2-1 series deficit against the St. Paul Saints in their division series final to force Game 5 and advance in dramatic fashion on Monday.

The team has shown they're capable of winning when it matters most, which should be helpful as they chase their second-ever AA championship (and the third title in franchise history).

The pressure is on, but it's not all business.

For Anaheim, Calif., native Romanski, victory against the Wingnuts would cap an already gratifying first season in Winnipeg; one that has rejuvenated his career. Last year, the right fielder tried his luck playing for Mitsubishi in the Japan Industrial League and things didn't go to plan.

"It wasn't the experience I was hoping for," he admitted.

Coming back to play for Winnipeg has reignited the 29-year-old's love for the game.

"Personally, I have really enjoyed it here," said Romanski. "It's been one of the most fun years I've had as a pro playing in front of fans that seem to appreciate the team."

Playing independent ball, he said, means players are more invested in the success of the club than getting themselves noticed.

Here, everyone has one goal: that championship title.

"It means everything, really," he said. "Sometimes in the minors players are focused just on getting a call-up. Here, guys play to win. With the way we got into the playoffs and the way we won the last series, [a championship] would be the cherry on top to a great season."

Goldeyes spokesperson Steve Schuster told Metro the club's box office was "very busy" on Tuesday.

Winnipeg hosts the first two games of the championship series at Shaw Park on Wednesday and Thursday before the series shifts to Wichita for the remainder of the games started Saturday.

First pitch at both home games is 7:05 p.m.

SITE C DAM

Winnipeg MP breaks ranks with Liberals

An indigenous member of the federal Liberal caucus is breaking ranks with his colleagues on B.C.'s controversial Site C project, saying he is not convinced that two First Nations were properly consulted about the multibillion-dollar hydroelectric project.

Robert-Falcon Ouellette, MP for Winnipeg Centre, said Tuesday he still has questions about a July decision by the Fisheries and Oceans Department authorizing construction of the dam on the Peace River.

Ouellette said he plans to raise the issue with Fisheries Minister Dominic LeBlanc when Parliament resumes next week.

"I'm hoping I will ... find some reasoning behind this decision and why it was made," he said in an interview.

"I'm not convinced that, after having spoken with some of the people who were travelling across the country, that they have been consulted and talked to and I'm not sure even that we meet the UN Declaration on the Rights of Indigenous Peoples."

Ouellette's comments come after British Columbia First Nations leaders and activists condemned the federal government's approach to the Site C dam project during a Tuesday rally on Parliament Hill.

The group travelled by bus to Ottawa from B.C., making stops along the way to raise awareness about their opposition to the project that would create an 83-kilometre-long reservoir and flood farmland along with traditional First Nations territory.

The Fisheries Department maintains the July permit approval followed "extensive First Nations consultations."

Site C is strongly supported by B.C. Premier Christy Clark, who says it will be a source of affordable and clean power for more than 100 years.

THE CANADIAN PRESS

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Global Fund gives hope to Zimbabwe activist

MONTREAL

Loyce Maturu leads charge in fighting AIDS, tuberculosis

Loyce Maturu sat in the darkened railway committee room of the Parliament Buildings on Tuesday watching a video of two fellow African activists — a Kenyan mother and daughter — playing for a reception of several dozen invited guests.

Maturu, of Zimbabwe, outlived her own mother, who succumbed to AIDS and tuberculosis along with Maturu's sole sibling, a brother who only made it to his sixth birthday.

"It really makes me feel that had the Global Fund been in Zimbabwe earlier, my mother and my younger brother would be alive today and I wouldn't have gone through many challenges," Maturu said.

The 24-year-old woman persevered and was in Ottawa in full activist mode Tuesday, ahead of this weekend's international pledging conference in Montreal to replenish the Global Fund to Fight AIDS, Tuberculosis and Malaria.

Prime Minister Justin Trudeau will lead an international cast of politicians, philanthropists and celebrities, including UN Secretary General Ban Ki-moon, Bill and Melinda Gates and the Irish rock star and activist Bono in an attempt to raise $13 billion to carry the fund through its next three years.

Canada already committed $785 million earlier this spring, when Trudeau announced he would host the conference.

The conference will come days before Trudeau travels to New York, to attend the annual UN General Assembly meeting. He is expected to give his maiden address to the world body.

Trudeau's office says he will be pushing an agenda of "diversity, human rights, the need for gender equality," aimed at furthering the, 2030 Sustainable Development Goals.

The backdrop for all of this is Canada's pursuit of a non-permanent seat on the UN Security Council in 2020. Canada's UN ambassador Marc-Andre Blanchard has told The Canadian Press that a commitment to international development would be a key component of that campaign.

Last month, Trudeau answered the call of Bono's international advocacy group, ONE Campaign, when he declared that "poverty is sexist." But in a weekend interview, Bono said he would still like to see Canada to commit to the UN spending target for foreign aid.

THE CANADIAN PRESS

Loyce Maturu was in activist mode Tuesday, ahead of this weekend's international pledging conference in Montreal to replenish the Global Fund. ADRIAN WYLD/THE CANADIAN PRESS

> "It really makes me feel that had the Global Fund been in Zimbabwe earlier, my mother and my younger brother would be alive today.
> Loyce Maturu

GATINEAU

'Sexist' campus game investigated

Emma Jackson
Metro | Ottawa

The director of Gatineau's Université du Québec en Outaouais says he won't stand for sexual harassment on his campus after a highly sexual game sparked an angry backlash last week.

As part of Les Jeux de la Communication, an annual competition between francophone universities, the UQO's team leaders circulated a list of tasks — called the 12 Labours of Hercules — that awarded points for things like kissing a girl, snapping a photo of an exposed bra and taking part in a wet T-shirt contest.

The game was widely condemned on social media as perpetuating rape culture on campus. The event's three leaders have since stepped down.

University director Denis Harrisson has launched an investigation into the students' conduct, which could mean even heavier consequences for the game's creators. "Management at UQO does not tolerate sexist conduct, nor discrimination or sexual harassment," Harrisson said in a statement. "Sexual harassment in its various manifestations is unacceptable. This commitment on our part must be shared by teachers, students, staff of the university and by the associations and unions, because we are all concerned by this."

POLITICS

Doug Ford to promote new 'Ford Nation' book

A new book about Rob Ford and his family will "rock" the political and media worlds, the brother of Toronto's late crack-smoking mayor announced Tuesday amid speculation he is toying with the idea of running for the Conservative party leadership.

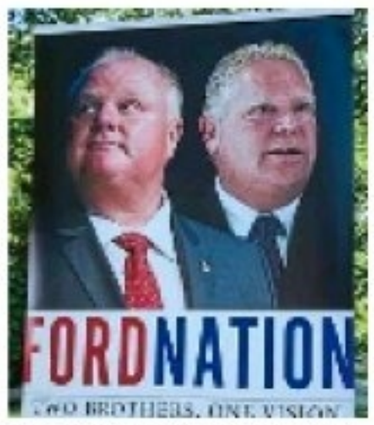
Doug Ford, a former Toronto city councillor, said he would be touring the country to promote the book titled "Ford Nation: Two Brothers, One Vision-The True Story of the People's Mayor."

"When this comes out, from the prime minister to the premier to the mayor, it's going to rock the media world, it's going to rock the political world," Ford told a crowd of reporters gathered in the backyard of his mother's house in Toronto.

"It's going to have stories that no one here has ever heard, no one in the country has ever heard."Asked whether he would consider jumping back into politics, Ford said he would "within about a year."

"I can assure you I will be running politically," he said.

HarperCollins Publishers Ltd. has acquired rights to the book, which will be published on Nov. 22. THE CANADIAN PRESS



A poster promoting Ford Nation, Two Brothers, One Vision: The True Story of the People's Mayor. THE CANADIAN PRESS

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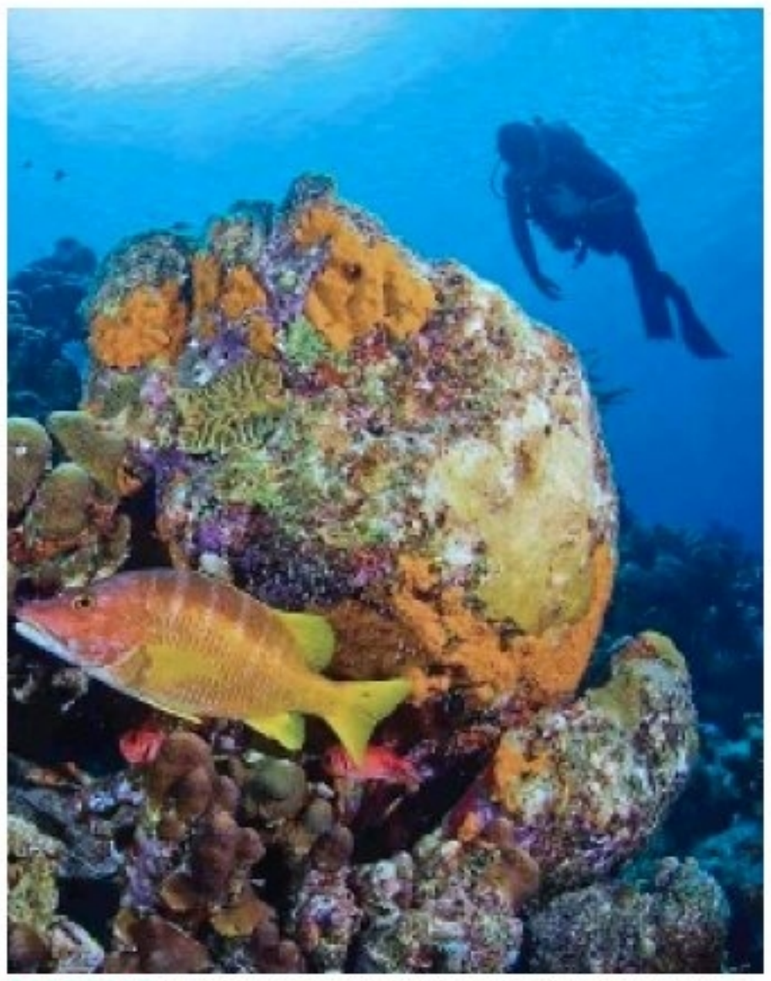

CARIBBEAN 3D PRINTING TAKES A DIVE UNDER THE SEA Vast coral reefs surrounding the island of Bonaire are considered by many experts to be the healthiest and best-protected in the Caribbean, and that makes it an ideal spot to test whether 3D printing technology can help preserve these marine habitats. A new project seeks to use the rapidly developing layered printing technology to design structures that are virtually identical to natural coral formations. They hope this will foster natural growth of the reef faster than other methods. COURTESY TOURISM CORPORATION BONAIRE

Trump 'not fit in any way': Obama

U.S. ELECTION

President makes case for Clinton and his own track record

After a bruising weekend for Democrats, President Barack Obama on Tuesday mounted a vigorous defence of Hillary Clinton, her campaign's transparency and her fitness for the presidency, and blasted Republicans as fanning "anger and hate."

Obama painted a stark picture of the stakes in the face-off between Clinton and Republican rival Donald Trump and tried to persuade Democrats in make-or-break Pennsylvania he's all-in behind his former secretary of state and his onetime rival.

"Hillary Clinton is steady and she is true," Obama told a group of Democrats at an outdoor rally.

Obama aggressively stepped into a void left by Clinton, who is taking time off from campaigning after being diagnosed with pneumonia.

Without mentioning Clinton's health, Obama dove into the political fallout of Sunday's episode in New York. To an audience of roughly 6,000 supporters in downtown Philadelphia, Obama argued that Clinton has been more transparent in providing health and financial records than her rival, as well as releasing her past tax returns while Trump refuses to release his.

Even more, he described the former New York senator who ran against him for the Democratic nomination in 2008 as the most qualified presidential candidate, and Trump as "not fit in any way shape and form to represent this country and be its commander in chief."

Trump was scheduled to campaign later Tuesday in Pennsylvania.

At times during his 30-minute speech, the crowd broke into cheers of "Thank you! Thank you!"

Trump has fashioned himself as a working-class hero, Obama said, after "70 years on this earth showing no concern for working people." He accused Trump of being unprepared, unserious and "not a facts guy."

At the rally, Obama made both the case for Clinton and for his own presidency. He claimed successes on diplomacy, health care, winding down the war in Afghanistan and reviving economy.

"Thanks, Obama," the president joked, turning a popular internet meme on its head. THE ASSOCIATED PRESS

+ COLLABORATION

U2 lead singer and activist Bono says working with a Trump administration to fight poverty would be his biggest challenge — "by far." He said he's still trying to figure out how he would deal with the party's current nominee, Donald Trump. THE CANADIAN PRESS

Angelique Arsenault CONTRIBUTED

NEW HAMPSHIRE

Hitching to get hitched

After waiting 11 years to marry her groom, a flat tire wasn't going to stop a determined New Hampshire bride from walking down the aisle on her special day.

With her limo rendered inoperable along an infrequently travelled road in Brookline, Angelique Arsenault stuck out her thumb and hitchhiked to the wedding venue in nearby Milford on Saturday.

Arsenault says her bridal party just laughed after receiving word of the flat tire from their driver.

With confidence fuelled by champagne, Arsenault in her white dress was able to flag down a passing motorist who gladly helped get her to the altar — albeit 30 minutes late.

Despite the small hiccup, Arsenault says the rest of her wedding was "amazing" and she now has a story her family will remember forever. THE ASSOCIATED PRESS

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Canada's exotic appetites growing

FOOD

Fine dining restaurants drive surge for unusual meat

Once a week Peter Sanagan brings a whole wild boar carcass to his Toronto butcher shop. He divvies it up into chops and other cuts, selling it to adventurous eaters who wander into the Kensington Market store.

While more familiar meats like beef and pork account for up to 90 per cent of sales at Sanagan's Meat Locker, the remainder comes from people seeking so-called exotic meats like wild boar. Game birds are popular, too. "When in season, we'll have things ... like pheasants and partridges and squabs, wild turkey," Sanagan says.

Though exotic meat consumption is not well tracked, demand for it appears to be rising and some industry insiders and watchers say that's likely to continue as foodie culture grows.

In Canada, consumption of less traditional meats like horse, venison, camel, rabbit and game grew 10.6 per cent a year between 2010 and 2015, according to estimates from market research firm Euromonitor International.

Fine-dining restaurants are the main drivers of these types of meats' surge in popularity, according to Michael von Massow, an assistant professor at the University of Guelph.

Diners are seeking a culinary experience they can't get at home, he says. "Restaurants are pushing the envelope to try and give us an experience," says von Massow.

THE CANADIAN PRESS

Camel sausages, left, and Kangaroo meat, right. ISTOCK

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CAFÉS

Starbucks ready to post calorie counts

Starbucks customers will soon have another consideration besides price when deciding between that grande and venti — calories.

The coffee behemoth says it's going to start posting calorie counts on all its menu boards across Canada starting Sept. 29, with pastry-case labeling to follow on Nov. 2.

"We will be the largest national retailer to fully provide caloric information on menu boards in store," said Starbucks Canada president Rossann Williams, who will make the announcement Wednesday.

The java chain is getting the jump on a new Ontario menu law that takes effect in January. By 2017, all restaurants, fast-food locations, movie theatres, supermarkets and convenience stores that serve hot food with 20 or more locations in the province must post calorie counts for each item on their menus, menu boards, on tags in display cases and at drive-thrus.

Seattle-based Starbucks already made the move in 2013 in the U.S.

Another chain that started early in Ontario is the Firkin Group of Pubs, which released a new menu in May that includes calorie counts for each dish at its chain of 27 restaurants — though the lettering is rather tiny. The act says calorie counts must be displayed "in at least the same size, font, format and prominence as the name/price of the standard food item."

Major chains including McDonald's Canada, Cineplex and Cara Foods — which owns Swiss Chalet, Harvey's, Montana's, Milestones, Casey's, Biermarkt, Kelsey's, New York Fries, Prime Pubs and East Side Mario's — have confirmed that they are working on it and will be compliant by January.

TORSTAR NEWS SERVICE

How many calories are in this chile mocha latte? Starbucks will soon reveal it on their menus. TORSTAR NEWS SERVICE

IN BRIEF

Rise in rates trouble for some, TransUnion says

Up to a million Canadian borrowers could face problems paying their debts if interest rates rise by a full percentage point including some of the highest rated consumers, a report by TransUnion suggests. The agency said while most Canadians will not be impacted in the near term by an interest rate increase, there is a "material subset" that may be challenged.

THE CANADIAN PRESS

market minute

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GOLD
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metro VIEWS
Your essential daily news
Wednesday, September 14, 2016

EMMA TEITEL ON MILLENNIALS' JOB WOES

MP Niki Ashton is in the middle of a cross-country tour of sorts, hosting town halls on the subject of precarious employment, listening to the grievances of young people from coast to coast

Early last week, on a stormy evening in downtown Toronto, 34-year-old New Democrat MP Niki Ashton led a town hall discussion about "Precarious Work in the Millennial Generation."

Ashton, MP for the Manitoba riding of Churchill-Keewatinook Aski and is the NDP critic for jobs, employment, and workplace development, spoke to a group of about 40 people — most of them under 40 — in a drab room at the United Steelworkers Hall.

At the back of the room on a table near the door, there was complimentary coffee in self-serve, cardboard carriers from a nearby Krispy Kreme. And up front, there was a lot of anxiety.

A nearly broke 30-year-old sommelier and waiter lamented the lack of advanced scheduling and regulation in his industry; "my dream," he said, "is to be in the black."

A woman, who said she was there speaking on behalf of her 20-year-old niece, asked Ashton what could be done about employers who take advantage of their young charges.

And a young man who said he worked in the Trump hotel, of all places, told a story of bad bosses and worse luck.

Almost everyone sought lower tuition fees, a $15 or $20 minimum wage and an end to a culture of crappy contracts for young people that offer no security.

Some liked the idea of "floating benefits," a dental plan, for example, that follows a person from job to job. Others, in traditional NDP fashion, wanted everything and more: an overhaul of the system as we know it.

Ashton took notes and like a northern Obama, she thanked "folks" for sharing. But she couldn't and can't — at least not yet — offer anything in the way of a policy antidote to their woes.

Elected officials, like our crotchety uncle, love stories about that 'one guy' who confirms everything wrong with kids these days.

VOICE OF A GENERATION Niki Ashton is helping young people get jobs in a precarious labour market. She has been holding a series of meetings and interviews across the country to find out the depth of the problem. RICHARD LAUTENS/TORSTAR NEWS SERVICE

This is because the MP is in the middle of a cross-country tour of sorts, hosting town halls on the subject of precarious employment, listening to the grievances of young people from Halifax to the West Coast who feel they will never be able to settle down, have kids or (the biggest long shot, especially in Toronto and Vancouver) buy a house.

Ashton will present the findings of her tour — and, she hopes, some policy solutions to the problem of precarious employment — at a forum in Ottawa at the end of October.

The MP sat down with me the morning after she led the town hall in Toronto, and though she couldn't tell me in specific terms how she would make life better for the 18-34 demographic, she did tell me this: In order to achieve any meaningful change, we need to first dismantle the popular stereotypes that millennials are "lazy" and "disinterested."

"This requires a shift in mentality," Ashton said, highlighting the fact that after she writes about precarious labour on social media, "I still have to go on my own politician Facebook page and erase comments like, 'Oh get a job.'"

The narrative of the ingrate millennial is so entrenched in our culture, she said, it turns up in places where people should really know better.

For example, Ashton told me that in the spring, she was at a committee meeting on employment insurance when a witness "went on and on about how millennials just don't want to work."

"This person made reference to some guy bringing his mom to a job interview," Ashton said, "and even though the meeting was about EI and not this one guy, this is what my colleagues on both aisles chose to hook onto."

There was no evidence, she said, as to who "this guy" was or whether he was representative of a larger group of lazy people his age, and yet some of the older policy-makers in the room determined that "this was a real problem."

Yes, apparently, our elected officials, just like your crotchety uncle, enjoy sharing stories about that "one guy" who just so happens to confirm everything wrong with kids these days.

The funny thing, however, is that Ashton — a member of Gen Y, albeit an old one (her contemporaries include Nicki Minaj, 33, and Drake, 29) — has been characterized as a stereotypically flaky and hypersensitive millennial herself.

This was evident when she took a day trip to the campaign offices of Bernie Sanders earlier this year, and was more or less characterized in the press as a kid playing hooky to see a rock concert. "I guess I hit a slow news day," she recalled. "Because everybody and their dog was into it."

And who can forget Elbowgate in May, when Ashton made the ill-advised and, frankly, absurd suggestion that Trudeau's accidental elbowing of a fellow MP on the floor of the House of Commons contributed to an unsafe workplace for women.

In the end, then, Ashton isn't just battling negative perceptions about an entire generation, but negative perceptions about herself, too.

She hopes, however, that by making the issue of precarious millennial labour official, via "town halls" like the one she conducted last week, older leaders and perhaps the public at large will have a change of heart.

I hope so, too.

Emma Teitel is a national columnist for the Toronto Star.

You know what's really unlikable? A label that's unfairly applied to women

Vicky Mochama
For Metro

Hillary Clinton is the least likable Democratic presidential candidate in history.

So we've been continually told. (And unfortunately there are no metrics attesting to Polk's temperament in 1844.)

Likability is one of the many traps for women, alongside the gender pay gap. Others include lack of free birth control and 98 types of volumizing mascara. The reasons that Clinton scores low on likeability can seem important and serious, and yet those reasons are entirely gendered.

In a post for Humans of New York, she writes about learning to keep her feelings in check: "I had to learn as a young woman to control my emotions. And that's a hard path to walk. Because you need to protect yourself, you need to keep steady, but at the same time you don't want to seem 'walled off.'"

Ever since, Hillary, like many women, has been adding bricks to the wall around her emotions. It's a familiar trope. For women who work with men, protecting emotions are also about protecting yourself from the feelings — anger among them — of men. If Ginger Rogers did everything Fred Astaire did but backwards and in heels, then she probably never showed how much it hurt or told him when ideas were actually hers.

Likability is a lie wrapped in data that says very little about the kind of leader you might be getting. With enough media training and staged affability, even the Terminator could achieve a sort of Dennis the Menace-like charm.

When applied to female politicians, likability takes a dangerous turn. It takes so little for a woman to become a "bitch," but there's hardly an equivalent term for men. (Go on, think of a word, I'll wait.)

A woman has to take the right tone, wear the right clothes, laugh at the jokes of men who truly aren't funny and allow others to take her ideas. Countless advice books teach women how to make themselves smaller and more palatable. And most of those books are written by white women. What's one to do if one's hair is different or if it's covered? What about larger ladies or those who weren't born women?

Likability doesn't get things done. If it did, Tom Hanks would be president.

In over forty years of public life, Clinton has gotten things done. Saying Hillary is the least likable candidate sounds to me like saying, "She's the candidate most like a successful woman."

Vicky Mochama is a writer and host of Commons, a political podcast.

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Directors Guild of America finds women directed 17 per cent and minorities 19 per cent of the more than 4,000 TV episodes produced last season.

Hollywood guild report exposes a "lack of real progress" in production diversity

Neruda: A melodic game of cat and mouse

In Neruda, **Gael Garcia Bernal plays Óscar Peluchonneau**, a wiry moustachioed cop hunting down the Chilean poet. On Tuesday, it was revealed the film is Chile's Oscar submission for next year.
HANDOUT

INTERVIEW

Cast brings a little bit of Latin America to Canada

Eva Salinas
For Metro Canada

While sitting down for a taco lunch Tuesday at the Intercontinental Hotel in Toronto, actor Gael Garcia Bernal politely addresses a waiter: "Excuse me — I'm Mexican," he says.

"And I'm Chilean," adds director Pablo Larrain, next to him.

This is no personal introduction to the wait staff — it's a request for hot sauce.

A little more Latin America in Canada, please.

But spice aside, Garcia Bernal and Larrain had already boosted the Latin presence at the Toronto International Film Festival this week when they arrived to premiere Neruda, an alt-biopic of the renowned Chilean poet Pablo Neruda. They were also joined by cast member Luis Gnecco, who plays the title role, to discuss the film, poetry, art, and Latin American culture.

"What I'm impressed about and makes me feel like a spectator of the movie, in the best sense of the word, is how (Larrain and writer Guillermo Calderon) intertwined everything so that all of a sudden, without knowing, the audience is like 'S—, I'm inside a poem,'" Garcia Bernal says.

Garcia Bernal plays a wiry, mustachioed cop hunting down the communist poet — who at the time was wanted for arrest — all the while doing a bit of soul searching of his own. The result is a melodic game of cat and mouse, with beautiful Chile as the backdrop.

Larrain says the cop character wasn't included in the original treatment of the film when they set out to write it five years ago.

"I said to my brother (producer Juan de Dios Larrain) we can't make this movie, forget it. We can't make a docudrama or, like, a Sunday night show about Neruda, it would be impossible. So we brought in the cop and that's when the fun started: the friction between two characters."

It's a reunion for the three who worked together on Larrain's 2012 film, No, in which Garcia Bernal played an ad executive out to persuade Chileans to vote 'No' against dictator Augusto Pinochet in the 1988 plebiscite.

Both Garcia Bernal and Larrain have other films at TIFF this year — the former acting in Werner Herzog's Salt and Fire and Larrain with his buzzed-about Jackie, another alt-biopic about Jacqueline Kennedy, starring Natalie Portman.

But it is Neruda that tells the story of one of the most influential, complex and adored Latin American artists — a nod to the trio's love not only for film and art, but to telling stories from home.

"He was a communist; he was an expert on food; a collector; he was expert on crime novels; he loved women. And he was probably one of the most important writers of our language," Larrain says.

A little bit of Latin America, indeed.

"He was one probably one of the most important writers of our language

Director Pablo Larrain, on poet Pablo Neruda, portrayed in his film by Luis Gnecco, pictured left

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A squash that doesn't require a machete to cut

RECIPE

Delicata squash is easy to eat and prepare

Turns out there's no need to buy a monster squash that requires a machete to open and a week to eat.

Instead, sort through the bins of local butternut and buttercup, ridged acorns and bulbous hubbards to find the long, narrow delicata with its pale yellow skin and distinctive green stripes.

Easy to clean, cut and cook, this single-serving Cucurbita pepo is a squash lover's dream!

This recipe makes four main-course servings. TORSTAR NEWS SERVICE

Quinoa-stuffed delicata

Quinoa and ground pork make a tasty stuffing for small, long easy-to-prepare delicata squash. You can even eat the skin! Make the stuffing a day or two in advance or prepare the entire recipe a day ahead and reheat at 350°F (180°C).

Ingredients:

- 4 delicata (peanut) squash (1.5 kg)
- 1/4 cup (185 mL) raw quinoa
- 1 1/2 cups (375 mL) chicken or vegetable stock
- 1 lb (450 g) lean ground pork
- 1 tbsp (15 mL) each fresh oregano, parsley and basil, or 1/2 tsp (2 mL) dried
- 1 tbsp (15 mL) vegetable oil
- 1 medium yellow onion, halved, thinly sliced
- 1/2 cup (125 mL) thickly sliced cremini mushrooms
- 2 cloves garlic, minced
- 2 tbsp (30 mL) balsamic vinegar
- 1 cup (250 mL) cherry tomatoes, halved
- Salt and freshly ground black pepper to taste

Directions:

1. Preheat oven to 400F (200C).

2. To prepare squash, cut in half lengthwise and scoop out seeds with a spoon. Season cavity with 1/4 teaspoon each salt and pepper and arrange cut-side down on baking sheet lined with parchment paper.

3. Bake until flesh is tender but sides are not collapsing, about 20 minutes. Remove from oven and reduce temperature to 350F (180C).

4. Meanwhile, bring stock to a boil in a medium pot. Add quinoa and return to a boil. Cover, reduce heat to medium and simmer until liquid is absorbed, about 12 minutes. Remove from heat, fluff quinoa with a fork, cover and let stand 15 minutes. Transfer to a large bowl.

5. Heat a non-stick skillet over medium-high heat and cook pork until no pink remains. Season lightly with salt and pepper. Stir in oregano, parsley and basil. Transfer to bowl with quinoa.

6. Add oil to same skillet and sauté onions for 2 minutes. Add mushrooms, garlic and balsamic vinegar, and continue to sauté for 1 minute. Add tomatoes, quinoa and pork. check salt and pepper. Mix well, stirring until heated.

7. Spoon quinoa mixture into cooked squash halves, pressing down gently. Bake squash on same parchment-lined sheet about 15 minutes, until stuffing is heated through. Serve hot. TORSTAR NEWS SERVICE

LIQUID ASSETS

Chile's mistake is to our sipping benefit

Sometimes a big mistake can be a good thing. Case in point is Carménère, a grape that was once a staple of the Médoc vineyards of France's Bordeaux region but, thanks to the popularity of Cabernet Sauvignon and Merlot, is now virtually non-existent there.

While Merlot was usurping Carménère's cachet in France, it was actually helping keep the grape alive in Chile. On arrival in South America Chilean winemakers mistook their French cuttings of Carménère for the more popular grape; growing them side-by-side, blending them together and labelled the juice Merlot. In 1994 researchers figured out the error and Chile gained a signature grape. It makes for a great all-purpose red, with Concha y Toro's 2014 Casillero del Diablo Carménère Reserva ($13.49-$13.95) a quintessential, easy-drinking version. PETER ROCKWELL/METRO

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Lunch on the go

If occasionally you've got to grab lunch for the kids on the go, choose wisely.

PICK THIS

Subway Kid's Pak: Turkey Mini Sub and Apple Slices

Calories 230
Fat 2.5g
Sodium 465mg

SKIP THIS

Schneiders Lunchmate Turkey Stackers

Calories 300
Fat 14g
Sodium 880mg

HERE'S WHY

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A homemade lunch is always best, but sometimes we give in to a fast food treat, especially if we're short on time. While your kids may love building their own lunch, as with Lunchmate Turkey Stackers, keep in mind that the turkey is smoked and contains sodium nitrites, the cheese is processed — and to boot, a chocolate bar for dessert! This packaged lunch offers up little nutritional value, excess fat and an abundance of sodium. A Subway mini turkey sub on a 9-grain bread with apple slices is a better pick, with less calories, half the sodium and a fraction of the fat.

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Angela Liddon just keeps on glowing

INTERVIEW

Vegan blogger continues to build her healthy empire

It's a sweltering day in a record hot summer and Angela Liddon, nearly eight months pregnant, is on her feet in — where else? — the kitchen of her Oakville, Ont. home. Yet she couldn't look more cool and content.

The author, photographer and vegan blogging sensation behind ohsheglows.com answers questions about her rise to foodie fame while she measures tablespoons of freshly squeezed lemon juice and maple syrup for marinade.

This Oakville kitchen is the epicentre of the Oh She Glows enterprise, which includes her website, The Oh She Glows Cookbook, which has sold 300,000 copies and is available in multiple languages, and a recipe app. Her second book, Oh She Glows Every Day, hits shelves this weekend while her first is still a fixture on bestseller lists.

Liddon burst onto the scene just as the food-as-lifestyle movement was taking off. She launched her blog in 2008, the same year she and Eric married and celebrity Gwyneth Paltrow launched Goop.

She started with a two-paragraph blog post on Halloween. Her second was titled Is Anyone Out There? Turns out there was — more than 1.2 million unique visitors a month, according to Eric, who handles technical and business operations.

Magazines have called Liddon a "trendsetter" and "healthy living guru." But that was never her career plan. She didn't grow up cooking, and didn't bake her first pie until age 25. Meals in her household were a matter of getting food on the table.

After earning her Masters in social psychology, she worked as a researcher before walking away to pursue a new dream.

The decision came at a tumultuous time in her life. Her long-time love-hate relationship with food had turned into an eating disorder, which she describes as a 10-year "vicious cycle of basically starving myself for a few days and then binge eating and feeling guilty and sick."

> **I try not to preach. It's all about people enjoying the food**
> Angela Liddon

Therapists helped her realize something had to change. Eating disorders aren't about food, she says, but gradually shifting what she ate changed her attitude while recovering.

"It helped me realize food is not the enemy, that it can make you feel energized and good."

Her first year posts ranged from giddy to confessional. To this day she still uses a lot of exclamation marks and opts for earnest over edgy.

Readers quickly responded to the passages that dug deeper.

"What the pictures don't show are the tough times," she began one of her early posts.

They were hooked. So was she.

She launched a home business making and selling her Glo Bar granola bars for two years before signing a book deal to assemble her most popular blog recipes, from Green Monster smoothies to 15-minute Creamy Avocado Pasta.

Her books don't include nutritional information, something she says she struggles with because she doesn't want the recipes to be about counting calories or carbs. But those details can be found for Oh She Glows Every Day recipes on her website.

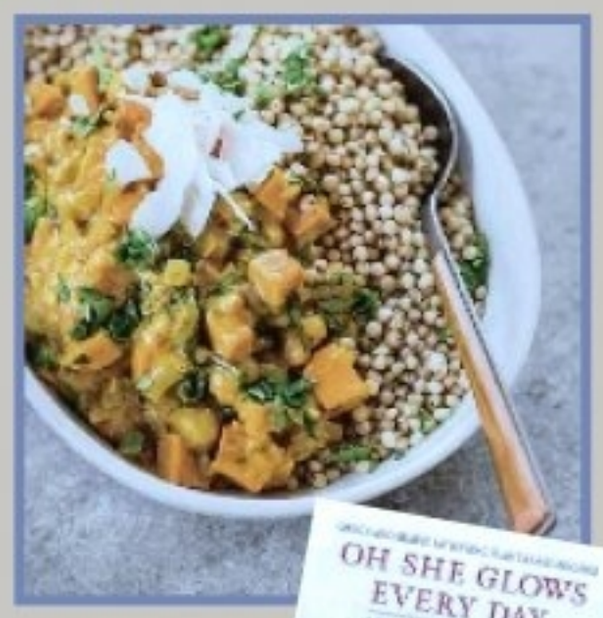
The new book, which she describes as family-friendly, relies less on nuts, which some readers complained were too expensive. There are more seed-based dishes and many recipes include nut-free, gluten-free and soy-free options.

She acknowledges that the glossy images and tips for making homemade almond milk and coconut butter may not capture the daily reality for frazzled parents. "I think you can look at a book like this and think 'oh gosh, I'll never be able to do this,'" she says. But, "I feel like my approach is very encouraging and very positive, and I try not to preach. It's all about people enjoying the food and hoping it makes them happy and feel good."

TORSTAR NEWS SERVICE

RECIPE OH SHE GLOWS EVERYDAY

This mild, savoury dish was popular among family members who aren't curry fans and those who claim they only like it hot. There's something about the mellow flavour and slight sweetness of the coconut milk that pleases both palates and also makes it kid-friendly. Serve on a bed of rice or other grains. Liddon notes that after the sweet potatoes are cooked, you can mash about a third of the mixture for thicker sauce.



Sweet potato, chickpea and spinach coconut curry

Ingredients:
- 4 tsp (20 mL) virgin coconut oil
- 1 tbsp (15 mL) cumin seeds
- 1 medium onion, finely chopped
- Pinch of salt
- 3 large gloves garlic, minced
- 4 tsp (20 mL) grated fresh ginger
- 1 tsp (5 mL) each: ground turmeric, ground coriander
- 1/4 tsp (1 mL) red pepper flakes
- 3 cups (750 mL) sweet potato, about 2 medium, peeled and cut into half-inch (1 cm) dice
- 1 1/2 cups (375 mL) cooked or canned chickpeas, drained and rinsed
- 1 1/2 cups (375 mL) diced tomatoes, with juices
- 1 14-oz (398 mL) can light coconut milk
- 4 cups (1 L) lightly packed baby spinach
- 3/4 tsp (4 mL) fine sea salt
- Freshly ground black pepper, to taste
- Optional garnishes: chopped cilantro, unsweetened large-flake coconut, lime wedges

Directions:

1. In a large saucepan, heat oil over medium heat until a cumin seed tossed into it sizzles. Add cumin seeds and toast about one minute, until fragrant and slightly darkened. Stir in onion and salt and cook 3 to 5 minutes, until onion is soft and translucent.

2. Add garlic, ginger, turmeric, coriander and red pepper flakes. Stir and sauté a couple of minutes until garlic softens.

3. Add sweet potato, chickpeas, tomatoes and coconut milk. Stir to combine, cover and simmer over medium-low heat for 20 to 30 minutes, until potatoes are fork tender.

4. Stir in spinach and cook until wilted. Add the salt and pepper.

5. Garnish with cilantro, coconut and, if desired, lime wedges to squeeze over top. Store in airtight container in fridge up to 5 days or freeze up to one month.

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Tilapia can be tangy, tasty and timely

RECIPE

Fish is fast, but sometimes needs a flavour boost like this

Given how quickly it cooks, fish stands out as the perfect candidate for a weeknight meal.

The only problem? Fish can be bland, the light white variety in particular. Happily, white fish fillets are like chicken breasts, they play nicely with all sorts of ingredients.

If you marinate a fillet in lemon or lime juice before cooking it, it becomes much more flavourful without tasting acidic. And if you add a little salt to the marinade, the fish will be quickly and deeply seasoned, as well.

However, since acid also changes the texture of the protein in fish, essentially firming it up, you don't want to leave it in the acid for too long — 30 minutes is perfect.

Add crunch to this soft fish dish by topping it off with crushed tortilla chips flavoured with chili powder, then bake so the chips stay crispy.

The final crunch and acid kick come from pickled red onions.

Finally, as a way to temper the spicy heat provided by the pickled jalapenos in the onions, finish the dish with crema, a kind of thinned-down sour cream popular in Mexico and Central America. If you can't find crema, sour cream or creme fraiche diluted with milk, cream or water will do.

Tortilla-crusted Tilapia with Pickled Red Onions and Crema

Serves 4.

Ingredients:

For the fish:
- Two 1/2-pound tilapia fillets
- 1 tsp kosher salt
- 2 Tbsp lime or lemon juice
- 2 Tbsp vegetable oil, preferably grapeseed
- 2 cups tortilla chips
- 2 tsp chili powder

For the pickled onions:
- 1 medium red onion, sliced 1/4-inch-thick
- 3/4 cup distilled white vinegar
- 1/4 cup orange juice
- 1 1/2 Tbsp sugar
- 3/4 tsp kosher salt
- 1/2 tsp cumin seeds
- 1/2 tsp dried oregano
- 2 Tbsp chopped pickled jalapenos

To finish:
- 1 Tbsp unsalted butter, melted
- Crema or sour cream, to serve

Directions:

1. To prepare fish, cut each fillet down centre seam to separate thin half of the fillet from the thick half. Cut each of the pieces in half crosswise. Sprinkle with salt, then transfer to a zip-close plastic bag. Add lime or lemon juice and oil. Refrigerate 30 minutes, turning bag several times.

2. While fish is marinating, in a large bowl finely crush tortilla chips (with a few larger pieces, it should not be a powder) and toss with chili powder. Set aside. To make the pickled onions, in a small saucepan over medium-high, combine the red onion, vinegar, orange juice, sugar, salt, cumin and oregano. Bring to a boil and simmer for 5 minutes. Set aside and let cool. Drain the mixture and chop the onions. In a small bowl, combine the onions with the jalapenos.

3. Heat oven to 375 F. Line a rimmed baking sheet with kitchen parchment. Remove fish pieces from marinade and arrange in a single layer on prepared baking sheet. Keep thin pieces on one side and thick pieces on the other. Pack tortilla crumbs on top of fillets, then drizzle with melted butter. Bake fish on the oven's middle rack until it is just cooked through, about 5 minutes for the thinner pieces and 8 minutes for the thicker pieces.

4. Transfer a thick and a thin fillet piece to each of 4 serving plates. Serve each portion topped with some of the pickled onions and the crema. SARA MOULTON/THE ASSOCIATED PRESS

Tortilla crusted tilapia with pickled red onions and crema.
AP PHOTO/MATTHEW MEAD

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Parade of Homes

Taking the next step in career advancement

Courses and certificates from Extended Education benefit individuals and employers

Bryan Letkeman sums up his learning experience with the University of Manitoba's Extended Education program in one word: effective.

The no-nonsense professional says the Certificate in Applied Management: Retail Management Specialization program gave him the training and expertise he needed to advance in his career with Manitoba Liquor and Lotteries.

An area sales manager, Letkeman says the program strengthened his skills on the job with its focus on transformation leadership, communication, change management, and project management.

"My experience was rewarding and provided me the opportunities to develop and nurture skills that would assist my growth as a manager and provide a greater understanding of leadership," says Letkeman.

ISTOCK

He had completed a Bachelor of Arts degree from the U of M in 2000 but this time he would have to juggle his studies with a career. As a mature student, he was able to do a mix of evening and online classes.

"I learned at the pace that best suited my career and personal life," says Letkeman. "I found instructors to be accessible and honest in their evaluation and approach to adult learning."

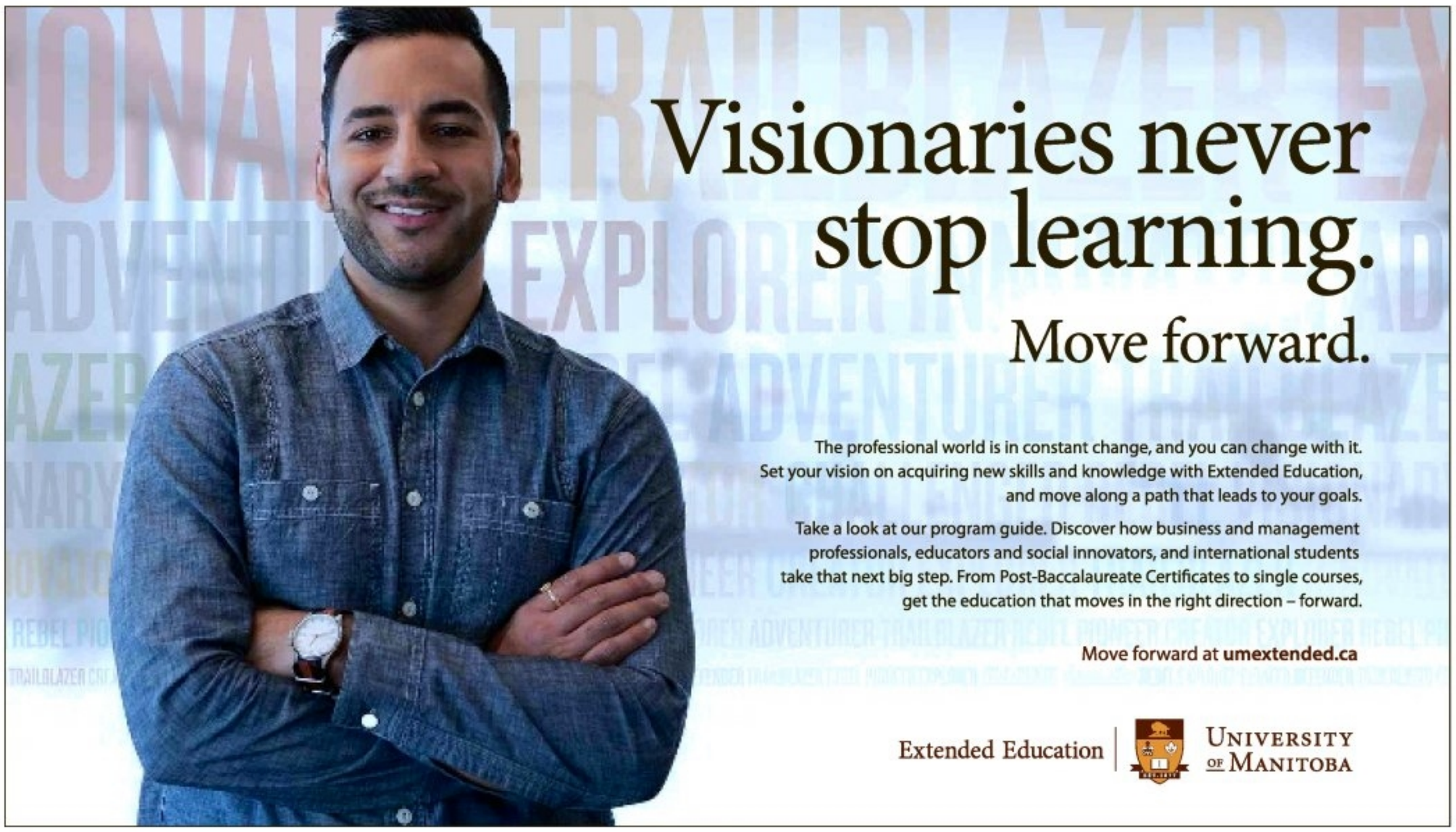
IT'S CRITICAL ... TO REACT QUICKLY TO CHANGING MARKET FORCES

– Gary Hepburn, dean of University of Manitoba's Extended Education program

By 2012, he earned a Certificate in Management. Letkeman is one of more than 100 Manitoba Liquor and Lotteries employees to do so. "The company has long held a strong relationship with the Applied Management program," he notes.

"Now, more than ever, it's critical for individuals and business organizations to react quickly to changing market forces," says Gary Hepburn, dean of the University of Manitoba's Extended education program.

"Extended Education produces applied programs, courses, and corporate training solutions that meet the needs of our community... all in a nimble, responsive and focused way."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YouthBuild program focuses on skills training and life skills

It's never too late to build on your education and the Manitoba Institute of Trades and Technology's YouthBuild program is a great way to earn a high school diploma and get essential skills training all while learning the life-skills needed to be ready for the workforce.

The YouthBuild program offers young adults between the ages of 19 and 35 two streams. The first, the Exploration to Trades program, gives students the chance to gain employability skills while earning certificates during the program. The students work through academic courses such as Essential Math 40S and English 40S, complete trades related Essential Skills training and gain practical experience in vocations like carpentry, plumbing, roofing and electrical. Participants will have the opportunity to take Driver's Education, CPR/First Aid, WHIMS, mock interviews and work experience.

The second stream, Carpentry, is for students who already have their Grade 12. The 10-month program is fully accredited by Apprenticeship Manitoba and offers students a chance to get real experience working in the industry.

"The curriculum mirrors the carpentry program offered MITT" says Stephanie Miller, manager of the YouthBuild program. "Except we have a two-month work practicum at the end of our course and Indigenous cultural components added to the program."

As well as academics, both of the streams offered through the YouthBuild program also have a strong focus on building life-skills, encouraging students to stay in school, develop their self-esteem and leadership, develop a career plan, and acquire more responsibility, says Miller.

"We have a full-time student support worker who works with the students on things like housing, food security, daycare, advocacy, and other barriers that arise," says Miller. "Almost all of our students have children. The idea is to help marginalized people become more self-sufficient and able to retain employment, become employable, and have the skills necessary to become successful in the workforce.

"Both programs also have an Indigenous cultural focus, we participate in drum-making, sweat lodge ceremonies, feasts, and smudge daily."

CONTRIBUTED

Learn more about the YouthBuild program

The YouthBuild program has been running in Winnipeg for 16 years and recently joined up with MITT in the fall of 2014, which Miller says now allows its students to benefit from a greater pool of resources for the students.

For more information about the YouthBuild program, go to mitt.ca/youthbuild or phone 204-615-4930.

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LEARN TO BUILD AND SUCCEED

...WHILE YOU GET A HIGH SCHOOL DIPLOMA*

A high-school diploma is a great start to building a lifelong career. The **YouthBuild Exploration to Trades** course at the Manitoba Institute of Trades and Technology offers high school Math and English, while also teaching you about the basics in the booming construction industry—but you need a solid foundation and some introductory skills training first. The high school diploma program is designed for Indigenous and other youth aged 19 to 35, and introduces you to skilled trades opportunities—with smart, helpful instructors and proven success.

ACT TODAY AS SPACE IS ALMOST FULL!

*Assessment required

Donation to thrift store helps keep kids in school

It's back to school time, and while heading back to class might seem like a drag for many Winnipeg students, getting an education is a luxury not everyone in the world can afford.

Making sure kids in developing countries have the opportunity to go to school is just one of the many missions the Mennonite Central Committee (MCC) is committed to, and helping them help others — both at home and around the world — is as easy as making a donation to the MCC's Furniture Thrift Store in Winnipeg.

"The MCC Thrift Shops were established to support the work of MCC," explains manager Laurie Goetz. "One hundred per cent of net proceeds of furniture sales go toward several local programs as well as many global programs."

Goetz recently returned from a trip to Guatemala where she saw firsthand the many difficulties that families there face, and a deep desire for their children to have an education.

"When talking to parents, I asked why their kids weren't in school. They told me that after Grade 6, it cost seven dollars a month per child to send them to school. Most families cannot afford that. I thought, wow... here in Canada we can easily spend that on Starbucks on any given day. At the MCC Furniture Thrift Store, we have the power to make a significant difference in the world."

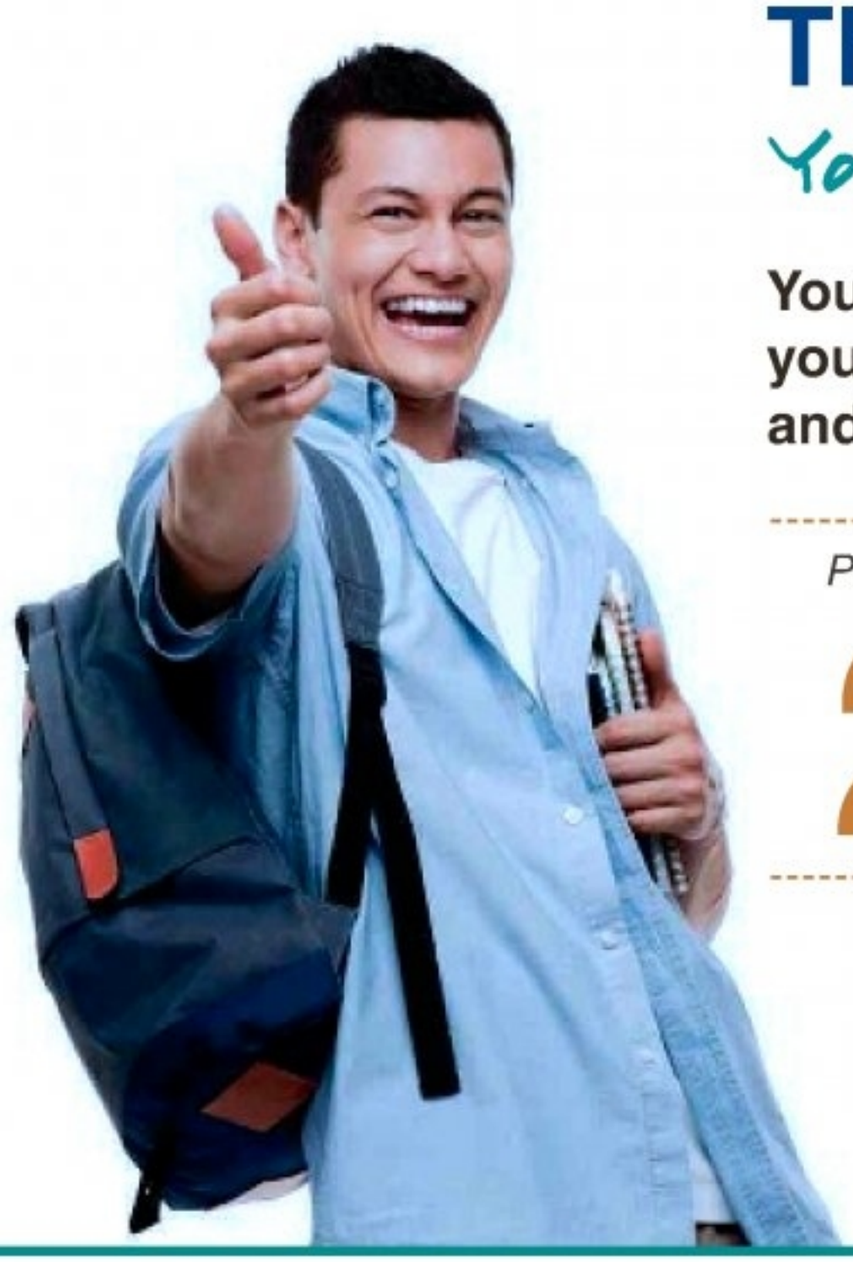
The MCC furniture Thrift Store at 18 Keewatin St. is always accepting good quality, gently used furniture to fill their store. New items are added daily. It is an amazing spot to stop to find that one-of-a-kind piece, midcentury modern, vintage, antiques, and so much more. Donations with a combined value of $100 or more are eligible for a tax donation receipt.

Whether you drop by the 10,000 sq. ft. non-profit, volunteer-run shop to make a donation or to find that unique piece to complete your living room, Goetz stresses you're helping to make a difference.

Laurie Goetz, manager of the MCC Furniture Thrift Store recently visited families in Guatemala where the Mennonite Central Committee supports several programs. CONTRIBUTED

"It's one volunteer at a time, one thrift store at a time, one life at a time," she says. "The impact we have on people we'll never see is really, really huge."

Go to mccmanitoba.ca to learn more about everything MCC is doing around the world.



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2018 Kia Rio revealed with all-new design

Smaller SUV more suited to the city

HANDOUT

REVIEW

New Acadia offers better efficiency, handling

Jonathan Yarkony
AutoGuide.com

In any segment, there are always outliers at the extremes of the spectrum, while the majority sit somewhere in the middle.

The GMC Acadia and its platform twins were at the larger end of the spectrum, with one of the bigger footprints and interiors in the "midsize" crossover segment.

That is all about to change.

GM is spreading out its range, with GMC inheriting this smaller midsize platform from the Cadillac XT5 and delivering proper five-seat compacts like the Envision, while Chevrolet and Buick are sticking with larger midsizers like the current Traverse and Enclave.

With the Acadia shrinking, logic dictates that the Terrain will similarly shrink to retain the same spacing between models in the GMC lineup.

With the 2017 GMC Acadia, GM is targeting the middle, and perhaps even going to the opposite extreme, chopping about 18 centimetres from its length and wheelbase. It's now shorter than anything in the segment except the Kia Sorento, and one of the narrowest) as well.

The size reduction has resulted in huge weight savings and added maneuverability, which offers huge benefits in the fuel efficiency and handling departments, and with a smaller turning radius, it is now far better suited for city life.

While it's no MINI, the far more compact footprint was a relief when driving through Vancouver, B.C., a city with notoriously narrow lanes and tight roads.

GMC is able to offer a more modest powertrain option in addition to a V6, which was the only way to get the previous generation. This engine is new to GMC, but previous experience in other GM models equipped with the same powertrain showed its smoothness and power should be good for the Acadia's much more modest weight.

The drive from Whistler to Vancouver was a perfect route to see the cylinder deactivation in action, as the descents allowed the engine to take it easy and only run on four pots.

Of course, it was the ascent that proved the real value of the V6, making easy work of any steep climbs, and living up to GM's refinement claims as it quietly went about its business even when accelerating hard up an incline.

We did not test the towing capacity, but the power certainly felt sufficient, while its balanced, stable ride also should contribute to comfortable trailering. Even the steering is much improved, appropriately light

The 2017 GMC Acadia is firmly in the middle of the segment and offers exactly the mix of capability and convenience that consumers are looking for in a midsize crossover segment.

THE CHECKLIST | 2017 GMC ACADIA

THE BASICS

Engine: 2.5L 4-cyl; 3.6L V6
Power: 193 hp/255 lb-ft; 310 hp/271 lb-ft
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 11.0/9.2 (2.5 FWD); 11.2/9.4 (2.5 AWD); 13.0/9.3 (3.6 FWD); 13.3/9.5 (3.6 AWD)
Price: Starts at $34,995

LOVE IT

- Lighter, nimbler, more efficient
- Improved interior materials
- Smooth powertrain

LEAVE IT

- Limited cargo space
- Cramped third row
- Generic styling

BATTERIES

Powering up the next-generation

Sami Haj-Assaad
AutoGuide.com

Electric vehicles are seen as a global saviour, something that can help fix the damage internal combustion has wreaked on the environment.

More research and testing is going into developing and improving the components in EVs, but nothing is more important than the car's battery.

Most EVs currently use a lithium-ion batteries, but they have a low energy density. That means that for their size, they don't pack much power.

But there are alternatives that could change the way electric cars work in the future.

Nanotube Lithium-Ion

Nanotubes are long microscopic threads that can store and release more ions than a traditional lithium-ion battery. They can discharge and charge faster than most batteries, because, well, they're not real batteries — they're more of a supercapacitor. These nanotubes can be layered like sheets and are combined with Graphene (an extremely thin, strong layer of pure carbon) to make a storage system.

Lithium Air

One solution to make lithium batteries more energy dense is to use carbon instead of heavier metals. The carbon would react with oxygen to make electricity, but although it's called lithium air, it's still a type of battery. IBM has been researching and developing these batteries in order to provide a new type of energy storage for electric vehicles.

Solid State Batteries

Solid state batteries shun the liquid materials used in current lithium-ion batteries and do away with that lithium air idea. Instead, it uses non-volatile materials that are stable at high temperatures. That's a big deal because extreme temperatures wear out current batteries, which reduces their effectiveness. Solid state batteries, in comparison, would be safer and longer lasting.

Several companies are investing a lot of money into this technology, including Dyson.

WHEELS NEWS IN BRIEF

Water Injection System from the BMW M4 GTS will Spread to other cars

BMW's new water injection system that debuted under the hood of the M4 GTS is set to spread. The system was designed through a collaboration between BMW and Bosch, which expects to put it into mainstream production by 2019. Water injection brings numerous benefits, the most important of which is increased efficiency and emissions reductions. STEPHEN ELMER/AUTOGUIDE.COM

Audi all-electric flagship to arrive by 2020

Audi has a new range-topping all-electric luxury car in the works that will likely be called the A9 e-tron. This car will serve as the pinnacle of the German automaker's all-electric car lineup, sitting above a new A3 e-tron and the upcoming Q6 e-tron SUV. Range on a single charge is expected to be 500 kilometers for the A9 e-tron while performance is said to match the Tesla Model S.
STEPHEN ELMER/AUTOGUIDE.COM

If you're texting,
who's driving?
Manitoba
Public Insurance

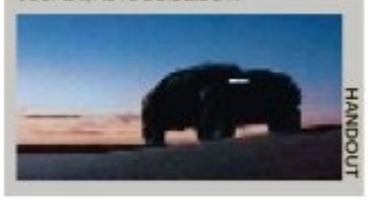
Ultra-modern concept to be a reality

IN BRIEF

GM getting set to reveal Chevy Colorado-based electric military vehicle

GM is getting prepared to debut a crazy-looking fuel cell-powered military vehicle. Developed in conjunction with the U.S. Army Tank Automotive Research, Development and Engineering Center (TARDEC), the vehicle, which isn't being called a concept, will be based on the Chevrolet Colorado and will be powered by hydrogen fuel cells. The SUV will be used to test how the military can use alternative energy sources to power vehicles that are quieter, more fuel efficient, can generate power and water, and provide plenty of low-end torque for off-roading.

JODI LAI/AUTOGUIDE.COM



HANDOUT

VARSOVA

Futuristic Polish car concept will be produced

Seemingly coming out of nowhere, a Polish company has unveiled a futuristic concept for an electric luxury sedan. The Varsovia Motor Company, which is based in Warsaw, Poland, said this concept will actually be produced, although in limited numbers. The sedan, which does away with a grille and has a unique diamond pattern in its body panels, seems to be an electric car with a range extender, kind of like the Chevrolet Volt. The drive is powered by electrical engines, but a small internal combustion engine can be used as a generator to power those engines if the battery is depleted. Range on a full charge is 350 kilometres and with the range extender, range is increased by an additional 500 kilometres. Varsovia claims a zero-to-100 km/h time of under five seconds and a maximum speed of more than 200 km/h.

JODI LAI/AUTOGUIDE.COM

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metro SPORTS

The Red Hot Chili Peppers are set to perform at the L.A. Rams' home-opening return to the City of Angels this Sunday

Olympians the target of agency database hacking

ANTI-DOPING

Williams sisters and Biles have medical data leaked online

Russian hackers have been blamed for breaking into a World Anti-Doping Agency database and posting confidential medical data of some American athletes online.

WADA said Tuesday the attack — which targeted some female members of the U.S. team which competed at the Rio de Janeiro Olympics — was carried out by a "Russian cyber espionage group" called Fancy Bears.

Tennis players Venus and Serena Williams and teenage gymnast Simone Biles were among those targeted.

Biles was revealed to have been taking medicine for Attention Deficit Hyperactivity Disorder. The hacker group had accused her of taking an "illicit psycho-stimulant", but she said she had "always followed the rules."

The hackers revealed records of "Therapeutic Use Exemptions" (TUEs) which allow athletes to use substances that are banned unless there is a verified medical need.

WADA previously warned of cyberattacks after investigators it appointed published reports into Russian state-sponsored doping.

"These criminal acts are greatly compromising the effort by the global anti-doping community to re-establish trust in Russia," World Anti-Doping Agency director general Olivier Niggli said in a statement.

WADA said it "extended its investigation with the relevant law enforcement authorities."

Last month, hackers obtained a database password for Russian runner Yuliya Stepanova, a whistleblower and key witness for the WADA investigations. She and her husband, a former official with the Russian national anti-doping agency, are now living at an undisclosed location in North America.

A spokesman for Russian state President Vladimir Putin rejected WADA's statement blaming Russian hackers as unfounded.

"There can be no talk about any official or government involvement, any involvement of Russian agencies in those actions. It's absolutely out of the question," spokesman Dmitry Peskov said. "Such unfounded accusations don't befit any organization, if they aren't backed by substance."

The International Olympic Committee said it "strongly condemns such methods which clearly aim at tarnishing the reputation of clean athletes."

"The IOC can confirm however that the athletes mentioned did not violate any anti-doping rules during the Olympic Games Rio 2016," the Olympic body said.

The top American anti-doping official said it was "unthinkable" to try to smear athletes who followed the rules and did nothing wrong.

"The cyber-bullying of innocent athletes being engaged in by these hackers is cowardly and despicable," said Travis Tygart, CEO of the U.S. Anti-Doping Agency.

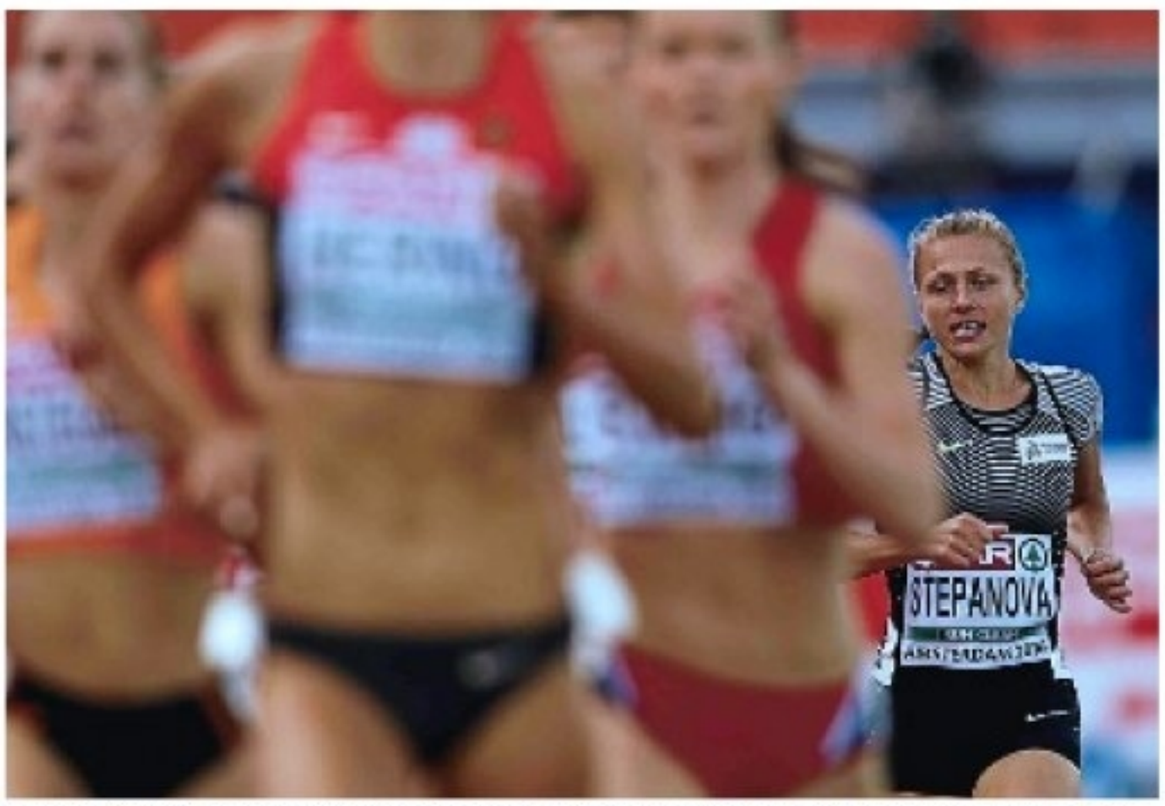
The president of the governing body of tennis cautioned against "unjustified conclusions" being drawn from exemptions it approved.

The name "Fancy Bears" appears to be a tongue-in-cheek reference to a collection of hackers which many security researchers have long associated with Russia.

In a statement posted to its website early Tuesday, the group proclaimed its allegiance to Anonymous, the loose-knit movement of online mischief-makers, and said it hacked WADA to show the world "how Olympic medals are won."

"We will start with the U.S. team which has disgraced its name by tainted victories," the group said, adding that more revelations about other teams were forthcoming.

THE ASSOCIATED PRESS



Russian Yuliya Stepanova is living at an undisclosed location in North America. GETTY IMAGES FILE

WORLD CUP OF HOCKEY

Bearded wonder skates on

Mario Lemieux was the unofficial greybeard of Team Canada when it last World Cup of Hockey was played a dozen years ago.

This time around, the role falls to Joe Thornton, the 37-year-old who played alongside Lemieux in 2004 and actually has an outsized grey beard. The Canadians didn't bring Thornton to Toronto just for his wisdom though, but for talents that have withstood the test of time.

Joe Thornton GETTY IMAGES

Despite being one of the oldest players in the NHL last season, Thornton finished fourth in league scoring, compiling 82 points in 82 games for the San Jose Sharks. He added another 21 points in 24 playoff games, reaching his first-ever Stanley Cup final.

"When you look at his season last year, he's playing great hockey," Team Canada general manager Doug Armstrong said.

Canadian head coach Mike Babcock said Thornton's inclusion on Canada's roster, which came at the initial exclusion of much younger players like Logan Couture and Taylor Hall, was merited. The five coaches and five managers made the assessment that Thornton deserved to be there, Babcock said. "He obviously was a guy that played well enough and played good enough and was important enough on his team," Babcock said.

Armstrong was intrigued by how San Jose employed Thornton last season, mostly on the wing alongside captain Joe Pavelski. That freed the long-time centre from having to labour at both ends of the ice and exposed Canada to how it could use Thornton at the World Cup.

A plodding skater who didn't crack the 2014 Olympic squad in Sochi, Thornton also seemed a better fit for the NHL-sized rink in Toronto. Thornton, who last represented Canada at the 2010 Olympics in Vancouver, hadn't given much thought to cracking the World Cup roster.

"It was just one of those things where you just kind of play, don't think about it and then you get chosen," he said. "I've still got another 10 years (left), so maybe the next World Cup, I'll play in it, too." THE CANADIAN PRESS

PARALYMPICS

Gold as Rivard rules Rio's pool yet again

Canadian swimmer Aurelie Rivard added another gold to the collection of Paralympic medals she's carefully stashing out of sight in her suitcase.

RIO2016

The 20-year-old from Saint-Jean-sur-Richelieu, Que., won the 100-metre freestyle on Tuesday, her third medal of the Rio Paralympics, and second gold. Then she planned to tuck it away to savour later.

"Because even if I win, my meet is not done, I still have three races to go," Rivard said. "So I really just want to focus as much as I can on my races and after that, I'm going to think about the medals and what I accomplished. Once my meet is over, this is when I'm going to start to realize this happened."

Rivard led virtually from the moment she touched the water, finishing in 59.31 seconds. THE CANADIAN PRESS

IN BRIEF

Donaldson missing again

Reigning American League MVP Josh Donaldson was not in the Toronto Blue Jays' starting lineup on Tuesday, marking the second night in a row that the all-star third baseman has missed a game.

Manager John Gibbons said before Tuesday's game against the Tampa Bay Rays that Donaldson jammed his right hip while running to first base in Sunday's 11-8 loss to Boston. THE CANADIAN PRESS

NCAA

North Carolina hit hard by withdrawal

The NCAA's decision to pull seven championships out of North Carolina ratchets up the pressure on the college sports-crazy state to repeal its law on transgender bathroom use

Unlike the recent one-time cancellations by the NBA, the move by college sports chiefs could make moderate and conservative voters question whether the price tag for the law has become too high.

Economic development officials said the effect of the NCAA's action goes well beyond the projected $20 million in lost revenue from the cancellation of the 2016-17 basketball, baseball, soccer, tennis, lacrosse and golf events.

"College sports is part of the fabric of North Carolina. It's part of the culture," said Scott Dupree, of the Greater Raleigh Sports Alliance, which was co-ordinating four of the events. "That's why it hits so hard and feels so personal."

THE ASSOCIATED PRESS

RECIPE Asian Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Crunchy textures and satisfying flavours makes this restaurant copycat come to life at home.

Ready in 30 minutes
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 2 chicken breasts
- 1/4 - 1/2 head of purple cabbage, thinly sliced
- 1/4 - 1/2 head of green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Dressing
- 1 Tbsp sesame oil
- 1 Tbsp soy sauce
- 1/2 tsp sriracha
- 1 Tbsp vegetable oil
- 1 tsp fish sauce
- 1 tsp sugar

Directions

1. Fill a skillet with water and season with salt and pepper. Bring to a simmer. Place chicken breasts in the water and cook 10 to 12 minutes, depending on how thick the breasts are. Remove meat from skillet and place on a clean plate. Use two forks to shred the chicken.

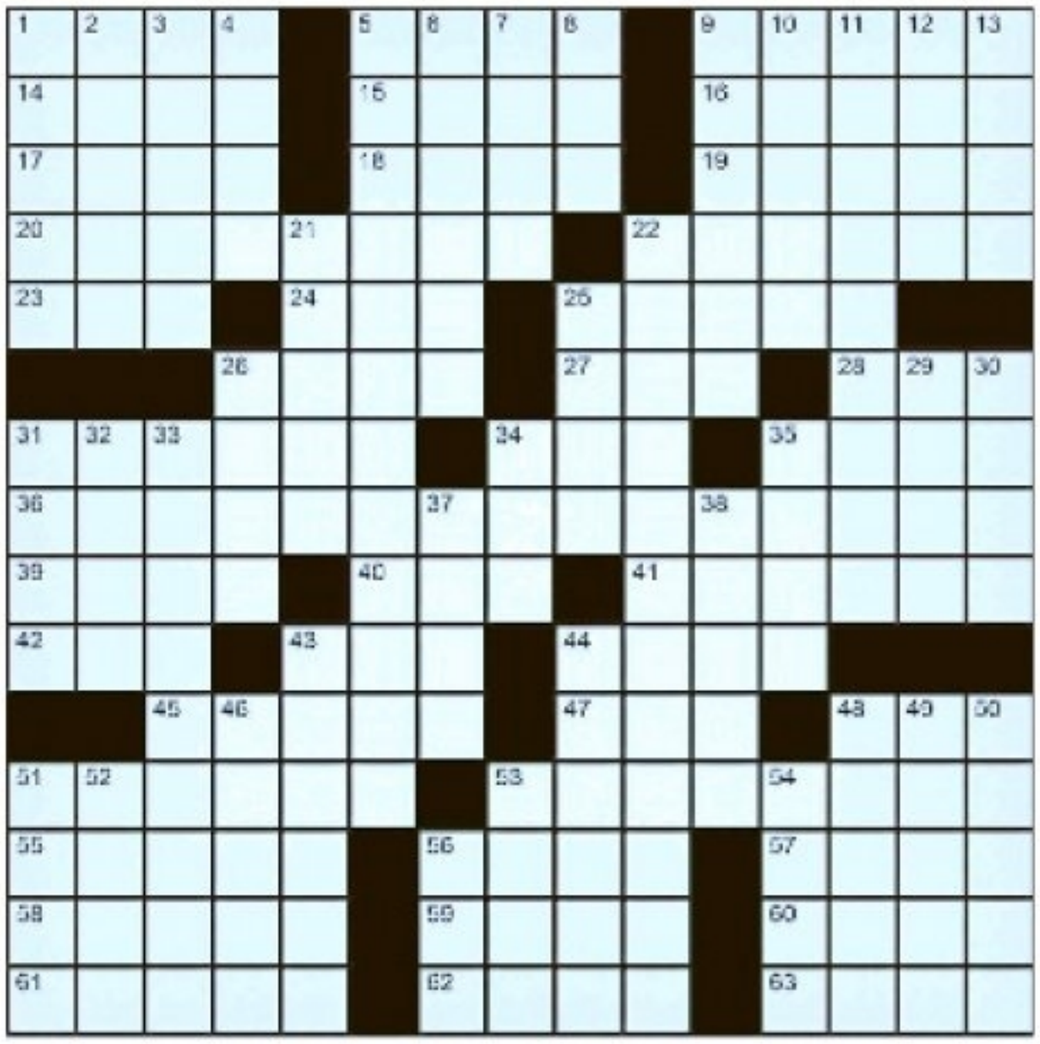
2. In a small bowl, whisk together the dressing ingredients

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Red Hot Chili Peppers song: _ Tissue
5. Health food berry
9. Singer/guitarist Colin
14. Alan _ Jr. (Skipper on Gilligan's Island)
15. Uma's The Producers (2005) character
16. "What _ _ to do then?"
17. "Mr. Holland's _" (1995)
18. New Mexico's artist colony
19. "I wouldn't _ _..." (Craver's comment-starter)
20. Top-connected-to-bottom outfit
22. Public park flapper
23. "_ magic!"
24. "I'm not quite sure..."
25. Cloudless in the daytime sky
26. Microscope piece
27. Ms. Schumer
28. "El _" (1961)
31. Real
34. Point
35. Sunburn soother
36. Early Paul Anka hit: 4 wds.
39. Neutral hue
40. Belonging to Irish writer George William Russell's pen name
41. Flip over the Closed sign
42. Rush (2013) director Mr. Howard
43. Midianite royal
44. Piece of cake
45. In theatres Sept. 23 ... The Magnificent _ (2016)
47. I Will Follow _ by Little Peggy March
48. "Eureka!"
51. Metric milk measures
53. Put the old papers in the blue box
55. Birdlike
56. Central _ ("Friends" hangout)
57. Mr. Driver of movies
58. Waltz, in Paris
59. Station, in Sherbrooke
60. Matthew the Apostle
61. Curl the lips
62. _ acetate (Banana oil)
63. Fuss

DOWN
1. Japanese decor screen
2. Head, in Latin
3. Grads
4. Aretha Franklin... _-_-_-E-C-T / Find out what it means to me.
5. Soon they'll be dazzling the trees: 2 wds.
6. Small _ Court
7. Frequently: 2 wds.
8. '_' _ in Ingersoll
9. Martin Short's talk show host character Mr. Glick
10. _ _ of the Times by Petula Clark
11. Bills fastener: 2 wds.
12. 'Within'-meaning prefix
13. Mr. Connery
21. Cut
22. Bread selection
25. Expressed
26. Beach feast
29. Ms. Skye of Say Anything... (1989)
30. Agyness _ (British fashion model)
31. Yesterday, in Yucatan
32. Fashion's Ms. Chanel
33. Subway passageway
34. Baseball great Mr. Cobb's
35. Above
37. Chow _
38. Sordid
43. Fairly fifty-fifty
44. 1962: The 4 Seasons title song lady
46. Nullify
48. Variety of tree
49. 1, 2, 3... Lift!
50. Fess up
51. Loos
52. Leo Tolstoy's The Death of _ Ilych
53. Stack of paper
54. Herd baby
56. 'Green/tee' gr.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to schmooze with friends and enjoy the company of others. However, it's a poor day to agree to anything important. Remember this for your own benefit.

Taurus April 21 - May 21
Do not volunteer for anything today or make an important commitment, especially with your boss or an authority figure in your life. Wait until tomorrow to do this.

Gemini May 22 - June 21
Travel will be loosey-goosey today. If you are thinking of making travel plans for the future, this is a poor day to make plans. Likewise, it's a poor day for important decisions about medicine and the law.

Cancer June 22 - July 23
If you are trying to collect a debt or settle a dispute about inheritances and shared property, postpone this for another day. Whatever you initiate today will come to nothing.

Leo July 24 - Aug. 23
The Moon is opposite your sign today, which means you have to go more than halfway when dealing with others. Be ready to accommodate them, but agree to nothing important.

Virgo Aug. 24 - Sept. 23
Just accept the fact that this is an errorprone day at work. Go with the flow and don't be on anyone's case. Chill out.

Libra Sept. 24 - Oct. 23
This is a highly creative day for you. If you work in the arts or in any creative field, you will be imaginative and original. Enjoy playful times with children.

Scorpio Oct. 24 - Nov. 22
This is a good day to hide at home and just cocoon. Whatever you do, do not make purchases, except for food and gas.

Sagittarius Nov. 23 - Dec. 21
This is a casual, conversational day. Enjoy the company of others, especially siblings and relatives. However, agree to nothing important.

Capricorn Dec. 22 - Jan. 20
Postpone all financial decisions for another day. If shopping, keep your receipts, but ideally, only spend your money today on food and gas.

Aquarius Jan. 21 - Feb. 19
For most of this day, the Moon is in your sign, but it is working at a disadvantage. This means you should be careful about impulsive decisions. Think twice.

Pisces
Feb. 20 - March 20
Research of any kind will go well today because your mind is open to searching in new directions. However, postpone important decisions until tomorrow or later in the week.

CONCEPTIS SUDOKU by Dave Green

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metro
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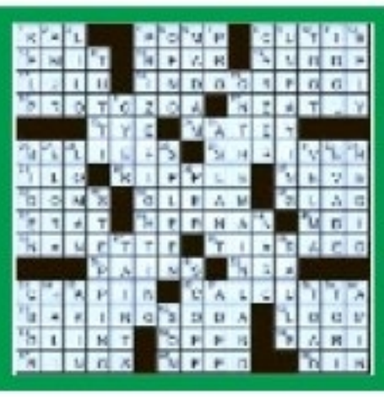

8	7	1	4	9	3	5	2	6
2	9	6	5	1	8	3	4	7
4	3	5	2	6	7	9	1	8
7	8	3	9	4	5	2	6	1
5	4	2	6	8	1	7	3	9
6	1	9	7	3	2	4	8	5
9	2	4	8	5	6	1	7	3
3	5	8	1	7	4	6	9	2
1	6	7	3	2	9	8	5	4

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